



Mary Hayashi
ASSEMBLYMEMBER, 18TH DISTRICT

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Hayward, CA 94541

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ASSEMBLY

2ND ANNUAL
*Women's
Health Fair*

Saturday, May 16, 2009

10:00 a.m. to 2:00 p.m.

San Leandro Public Library
Karp/Estudillo Room and Lecture Hall
300 Estudillo Avenue
San Leandro, CA 94577

2ND ANNUAL
*Women's
Health Fair*



Saturday, May 16, 2009 — 10:00 a.m. to 2:00 p.m.

**Please join
Assemblymember Mary Hayashi**

2ND ANNUAL
*Women's
Health Fair*

Saturday, May 16th

Activities of Interest:

- Receive free health screenings
- Hear about nutrition facts every woman needs to know
- Talk to health professionals
- Obtain the latest women's health information





California State Assembly

MARY HAYASHI

CHAIR, ASSEMBLY COMMITTEE ON BUSINESS AND PROFESSIONS
ASSEMBLYMEMBER, 18TH DISTRICT

Dear Friend:

In observance of May being Women's Health Month, you are invited to attend the 2nd Annual Women's Health Fair at the San Leandro Main Library. This free fair provides you with an opportunity to become better informed about women's health issues, access important health screenings, and learn positive steps towards building and maintaining an active, healthy lifestyle.

Staying informed on women's health concerns and receiving the latest information is key to achieving optimal health. A great resource for Californians is the Office of Women's Health which provides policy and research to raise awareness and reduce the incidence of preventable diseases. Now more than ever, it is important to understand the facts surrounding your health and participate in its enrichment.

To learn more about important women's health issues, visit the district website at www.asm.ca.gov/a18. It is an honor to serve the constituents of the Assembly District.

Capitol Office: State Capitol • P.O. Box 942849
Sacramento, CA 94249-0018 • (916) 319-2018 • Fax: (916) 319-2118

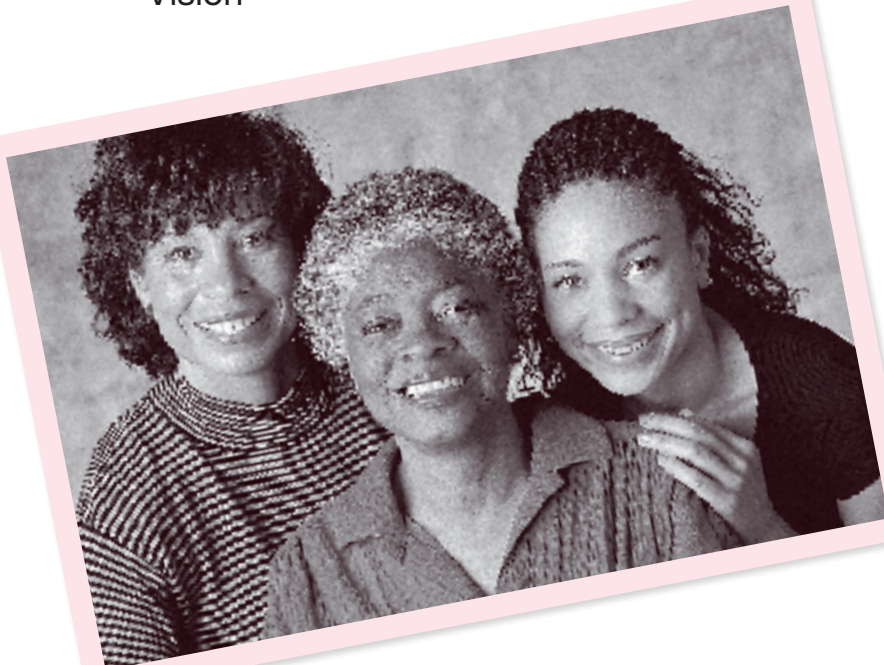
District Office: 22320 Foothill Boulevard, Suite 540
Hayward, CA 94541 • (510) 583-8818 • Fax: (510) 583-8800

E-mail: Assemblymember.Hayashi@assembly.ca.gov

Website: www.assembly.ca.gov/a18

Free Health Screenings Scheduled for:

- Balance and Gait
- Blood Glucose
- Blood Pressure
- Body Mass Index
- Bone Density
- Dental
- Hearing
- Mental Health Well Being
- Peripheral Neuropathy
- Stress Scan
- Vision



In Honor of May being Women's Health Month and in cooperation with St. Rose Hospital

You're invited to the

2ND ANNUAL *Women's Health Fair*

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10:00 a.m. to 2:00 p.m.**

***San Leandro Public Library
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300 Estudillo Ave.
San Leandro, CA 94577***

Speaker Series on the Following Topics:

- Feeling Fabulous after 50 from Head to Toe
- Weight Loss at Any Cost vs. Health at Any Size
- Fitness at Home: Exercises You Can Do in the Comfort of Your Livingroom
- Breast Cancer: Learn the Statistics, Risks, and Latest Treatments

Health Exhibits from Community Organizations

***Free admission – advance
reservations are required by
calling (510) 583-8818 or by
visiting www.asm.ca.gov/a18.***

***Public transportation available: from the
Downtown San Leandro BART station,
transfer to AC Transit bus 80, 81, or 82
to San Leandro Library.***

***Special accommodations can be made
for the deaf and hard of hearing with
72 hours notice.***

Light refreshments provided.